Aiming for participation in daily activities through reablement - a qualitative study

Trine A. Magne, Ass.prof., reg. OT
Kjersti Vik, Prof., reg. OT
Faculty of Medicine and Health Science
Person centered process

Rehabilitation mindset, focusing on:
• performance of meaningful activities
• participation in daily activities

Public home-based service - multidisciplinary teams

Active aging and living an independent life
Method

Aim:
To describe the older adults' expectations and experiences with the reablement

• Explorative design
• N=10 (4 M & 6 F), age 70 – 94
• City- and rural living
• In-depth interview

• Data analyzed using systematic text condensation (STC) strategies
Results

The reablement process

- Goals and achievements, becomes clearer during the process
- The service providers role; observer and instructor

“I have not been this physically fit if I haven’t had reablement….. I must be honest …. It does me well, really”  
(Kristin, 70)

“...last time I was praised a little on my balance, witch I’m not so good at. I don’t know if it was only to comfort me, but at least I was praised”  
(Marie, 87)
Results

Performing meaningful activities and using coping strategies:

- Motivation
- Sense of security
- Performing activities differently

“This (reduced physical function) is something you just have to get used to. It is nothing to do about it, that’s for sure.... I keep on trying; until I get it done....I think it is good to manage it by myself” (Karen, 87)
Results

Social network promote participation in daily activities

• Neighbors, friends and family having different roles; helpers and social contact
Conclusion

the older adults **expectations** and **experiences**
when aiming for participation in daily activities

Experience activities
**in a safe setting** and feeling
**sense of security**

Exploring and testing coping
**strategies** with the service provider
when performing activities

Involving and strengthening
the **social network**

©2018 T.A. Magne og K. Vik
Thank you for your attention!

Trine.a.magne@ntnu.no
Kjersti.vik@ntnu.no